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ABSTRACT

Peers can provide types of assistance that enhance student development. This training course presents ways in which students can be trained as peer helpers. Those who use the manual are encouraged to tailor skills and activities to fit the needs and interests of their particular groups and schools. The course is divided into two parts. In part 1, students learn how to develop basic peer helping skills. Part 2 contains units that teach ways of using skills effectively in the school setting. Some of the activities have been drawn from a variety of existing peer counseling materials. Others have been developed and field-tested with students in peer counseling training classes at two California high schools. Concepts covered in part 1 include: developing social ease, active listening, self-awareness, helping skills, values clarification, and decision making. Some of the issues addressed in part 2 include: techniques for helping students with school-related problems, attendance problems, family issues, death, sexuality, codependency, illness, eating disorders, cultural diversity, violence, depression, and empowerment. The manual includes a series of worksheets and handouts, a glossary, and a list of resources. (RJM)

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